

WELCOME TO THE COOLANEY MOUNTAIN BIKE TRAIL

Welcome to the Coolaney Mountain Bike Trail Network. This is a network of purpose-built singletrack trails and forest roads that are designated for use by mountain bikes on a waymarked circular route. Choose from blue which take riders through beautiful forest and heathland or red grade trails with fantastic views over the Atlantic Ocean, Strandhill and Coolaney Village. Forest road climbs lead you into tight twisty singletrack with lots of fast descents, ups and downs, tight turns and technical rocky bits, guaranteed to leave you smiling! The trails are waymarked in one direction, please follow the arrows.

BLUE GRADE TRAIL DESCRIPTION

This route starts with its first trail loop being an open flowing trail that constantly twists and turns and rises up and down with numerous tight, technical or challenging sections throughout.

There are two blue grade route options to choose from, 5km loop or 3km, with the latter giving easy access to repeat the final descending trails. To start, a long double track climb gains elevation to bring you into the first of the singletrack trails, these sections are narrow, sometimes steep and up to 800mm in width, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. The singletrack also crosses walking trails and forest roads at a number of points so watch out for walkers here.

The route also uses sections of forest roads and you should expect to encounter vehicles and other forest users at any time. The trail is exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for the many other forest users and control your speed.

BLUE GRADE TRAIL INFORMATION

Trail Name: Coolaney Mountain Bike Trail (Blue)

Start/Finish Point: Car Park

Short route: 3km with 70 meters climbing

Longer route: 5km with 100 meters climbing

Time: 45 minutes to 90 minutes

Degree of Difficulty: moderate

Attributes: Loop trail, two options

Trail Waymarking: Blue

RED GRADE TRAIL DESCRIPTION

This is a challenging route throughout as the trails vary from fast and flowing to tight, technical and rocky, with numerous difficult sections along the route. The trail constantly twists and turns and rises up and down. This trail tests all a riders' skills and abilities and is not for novice riders.

The route shares the same outward leg as the blue trail, climbing all the way to the 'Two Way Junction'. Once here, the red trail bares right onto the open mountain, where there are two descending trails 'Red 1' and 'Red 2'. To complete the route, bare left at the Two Way Junction, down a fast, flowing blue grade trail to the next node point, known as 'The Hub'. There are two descending trail options from The Hub, 'Red 3' and 'Red 4', both taking riders back to the trail head.

Over half of the loop is singletrack and these sections are narrow, sometimes steep and up to 800mm in width, with variable surfaces including rock, roots, mud, loose stones and gravel that may become slippery when wet. The singletrack also crosses walking trails and forest roads at a number of points so watch out for walkers here. The remainder of the loop is on forest roads and you should expect to encounter vehicles and other forest users at any time on these parts of the loop.

The trail is quite exposed on the upper slopes and can be very windy in poor weather. Please make sure your mountain bike is in good working order and that you have an appropriate level of fitness and skill level to undertake these trails. All riders should be appropriately dressed and wear a helmet at all times. Please ride with consideration for the many other forest users and control your speed.

RED GRADE TRAIL INFORMATION

Trail Name: Coolaney Mountain Bike Trail (Red)

Start/Finish Point: Car Park

Short route: 10km with 215 meters climbing (Red 1 and Red 4)

Longer route: 20km with 430 meters climbing (All red trails)

Time: 60 minutes to 120 minutes

Degree of Difficulty: Difficult/Severe

Attributes: Loop trail, multiple options

Trail Waymarking: Red

For further information on the area visit the website:
www.coillte.ie

Coolaney MTB trails

